

with cooling. The light causes heat in the deeper dermis which causes remodeling of collagen that has lost its elasticity with time. This creates a firmer, tighter appearance to the skin.

ProFractional™ Laser Treatments

The ProFractional™ laser is a quick and comfortable laser which can improve the overall appearance of the skin with minimal downtime. Because only a very small fraction of the skin is treated at any one time, the non-treated skin easily and quickly heals the areas that have been lasered. This laser is mainly used for treating fine lines, acne scarring, sunspots, and freckles. It can be used on the face, neck, chest, arms and hands.

Anti-Aging Skin Care Products

There are high quality skin care products available that help to reduce the effects of aging of the skin. Alpha-hydroxy acids, such as glycolic acid, and topical Vitamin C products are non-prescription agents which have been shown to improve the skin's texture and appearance. Tretinoin (Retin-A®) and similar creams are available by prescription and have been used for many years to reduce hyperpigmentation, very fine lines, and skin roughness.

Aging of the skin is accelerated mainly by sun exposure which also contributes to the risk of skin cancer. A sunscreen with a SPF of 30 is highly recommended.

Dr. Sharon D. Gilpin, MD

- MD, University of Toronto, 1986, General Practice
- Canadian Society of Phlebology
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- American Society of Laser Medicine and Surgery
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Gilpin Medicine Professional Corporation

Dr. Sharon D. Gilpin **COSMETIC MEDICINE & VEIN CLINIC**

General Practitioner
Practice Restricted to Venous Disorders
and Cosmetic Medical Treatments



- Varicose & Spider Veins
- Rosacea • Facial Veins
- Botox® • Fillers
- Lip Augmentation
- IPL Photorejuvenation
- Laser Treatment of Fine Lines
& Acne Scarring
- Sunspots
- Skin Tightening
- Quality Skin Care Products

Background

Dr. Gilpin received her M.D. from the University of Toronto in 1986. She is a general practitioner who has devoted her entire career exclusively to venous disorders and non-surgical cosmetic medical treatments. After spending the first two years of her practice in a large Toronto vein clinic, in 1989, she moved to London and opened the Southwestern Ontario Vein Clinic. She has trained other doctors and nurses in the technique of sclerotherapy, the injection treatment of varicose and spider veins.

Dr. Gilpin routinely attends medical conferences on vein treatment, laser and cosmetic facial injections.

Varicose & Spider Veins

Patients with varicose and spider veins are individually assessed and treatment options are discussed. A diagnostic test called a duplex ultrasound is often arranged to further assess varicose veins prior to determining treatment. Most spider veins and many larger veins can be treated by sclerotherapy which is an injection technique that uses tiny needles which are easily tolerated by most patients. Topical anaesthetic creams can be used prior to treatment if desired.

OHIP currently covers only sclerotherapy of large symptomatic varicose veins. There is, however, a medication cost which may be covered by private insurance drug plans.

Patients whose varicose veins are not treatable by injection sclerotherapy will be given treatment options and an appropriate referral will be made.

Botox®

Botox is a muscle relaxant which softens frown lines, horizontal forehead lines and the crow's feet around the eyes. It works on dynamic lines, those lines that are created with movement. Botox is a very safe substance which is easily injected. There is no down time with Botox treatment.

Hyaluronic Acid Fillers

Hyaluronic acid fillers are gels which are injected under the skin to smooth out lines, wrinkles and folds. They can also be used to fill out the lost volume that occurs with aging. Lip enhancement can be accomplished by filling in the fine vertical lines, accentuating the border of the lips and filling in the volume.

There is no skin testing with hyaluronic acid fillers as the risk of an allergic reaction is considered negligible. The results generally last between 6 and 12 months, however, the duration of the correction is variable because the fillers are metabolized at different rates in each individual.

These injections are done using a topical anaesthetic cream.

Facial Spider Veins & Rosacea

Facial veins are usually either the consequence of aging and sun damage or rosacea which is a common, chronic skin condition that causes easy flushing, tiny red blood vessels and red bumps in the mid-face area. Smaller, redder vessels and rosacea are treated with an IPL (intense pulsed light) device which works in the

same way as a laser to reduce facial redness. Rosacea is also treated by prescription creams as well as lifestyle modification.

Larger, darker facial spider veins are often treated by injection sclerotherapy in the same way as leg veins.

IPL Photorejuvenation

Intense pulsed light (IPL) can be used to improve facial redness, skin texture, and excessive pigmentation of the skin. A series of approximately five treatments may be required. The chest and neck may also be treated in this manner.

Sunspots & Benign Pigmented Lesions

Sun damage causes increased pigmentation in the skin, particularly on the face, neck, chest, hands, and arms. It is important to have pigmented lesions medically assessed to ensure that they are indeed benign lesions.

There are several methods used to treat unwanted pigmented lesions. Bleaching creams such as hydroquinones, IPL, ProFractional™ laser treatment, or a combination of treatments may be recommended depending on the nature of the pigmentation.

Skin Tightening

Skin tightening is useful for those who have mild to moderate skin laxity particularly in the jowl area. Using an IPL device, long wavelengths of light are pulsed into the deeper layers of the skin while the surface epidermis is protected